

LIFESTYLE



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To Live Better, Live Like Your Ancestors

Research suggests that adding primal living to your modern life has numerous health benefits, according to the book, *The Primal Blueprint* by Mark Sisson.

* **Stick to the “primal diet” of our ancient ancestors.** That means no refined sugar, no starchy, high-carb veggies, like potatoes, and no grains, like bread and pasta. Instead, eat plenty of meat and fish – although you can skip the bugs they ate for protein! The book also suggests eating berries, nuts, and leafy greens.

* **Work like a caveman.** Archaeological evidence shows that Paleolithic man “worked” between two and four hours a day. Of course, most of us can’t afford part-time hours, but the thinking is to make the most of the time you’re not at work – by spending more stress-free time with family and friends.

* **Exercise like a caveman.** That means fewer workouts and more playtime. Our ancestors spent their days taking long strolls, exploring the land, and migrating for the seasons, the kind of low-level activity that’s vital to a healthy life. The thinking is to not make exercise *work*. Instead of using a rowing machine at the gym, take a kayak out on a lake, because when exercise is play, you’re more likely to do it.

* **Recognize that living like a caveman doesn’t necessarily mean a shorter life.** It’s true that the Stone Age lifespan was short, but that’s mostly because of high infant mortality, wild beasts, and a lack of medical knowledge. In other words, Paleolithic people who survived into adulthood, and didn’t get eaten by a bear or other animal, often lived into their 60s and even 70s. In fact, unlike modern man, paleoanthropologists also discovered that heart disease, a lot of cancers, and other diseases weren’t health issues for cavemen. ❖

For more tips on adding primal living to your modern life, check out the author’s website, www.marksdailyapple.com. Additional source: John Tesh: *Intelligence for Your Life* (www.tesh.com). **Editor’s note:** This article is for educational purposes only and should not be construed as a substitute for medical or other specific dietary advice.

Social Media Pros & Cons

A growing number of doctors are keeping in touch with their patients through websites like Facebook and Twitter. However, according to the *Los Angeles Times*, there’s also a new debate brewing over whether or not any hospital worker should be allowed to use those same websites. That’s because more hospitals are finding that online social networks offer a disturbing new potential for *privacy violations*.

For example, four hospital workers in Long Beach, California, were fired for posting pictures of a stabbing victim online. So far this year, statistics show there have been at least 700 hospital workers flagged in North America, for making inappropriate comments about a patient – or about their job – online.

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Healthy Recipe: Pomodoro Pasta

INGREDIENTS:

- 8 ounces whole-wheat pasta shells, ziti or rigatoni
- 2 tablespoons extra-virgin olive oil
- 1 15-ounce can cannellini beans, rinsed
- 1 large clove garlic, minced
- 1 pound ripe tomatoes, diced
- 1/4 cup black olives, pitted & chopped
- 1/2 cup sliced fresh basil
- 1/4 teaspoon kosher salt
- 1/4 cup grated Romano cheese
- Freshly ground pepper to taste



DIRECTIONS:

① Put large pot of water on to boil. Cook pasta, stirring occasionally, until tender, 8 to 10 minutes. Drain. ② Heat oil in large skillet over medium heat. Add beans and garlic; cook, stirring frequently, 2 to 3 minutes. Remove from heat. Add tomatoes, olives, basil, salt, and pepper. Stir gently to combine. To serve, divide pasta among 4 plates and top with sauce and cheese.

NUTRITIONAL INFORMATION:

- Calories per serving: 508
- Carbohydrates: 63 g.
- Protein: 16 g.
- Sodium: 865 mg.
- Fat: 16 g. (saturated fat: 3 g.)
- Fiber: 13 g.

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Financial Incentives can Spur Change

A recent issue of the *Harvard Men's Health Watch* addressed whether financial incentives help change unhealthy behavior when common sense and medical advice have failed. Two recent studies suggest the answer is "yes."

To find out if financial incentives can boost smoking cessation rates, researchers studied 878 employees of a large multi-national corporation. All were active smokers who had expressed the desire to quit. Half the volunteers were randomly assigned to receive information about smoking cessation programs. The others received the same information *plus* a series of financial incentives.

To make sure money didn't induce fibbing, the scientists verified tobacco abstinence by using a urine test for *cotinine*, a chemical produced when the body metabolizes nicotine. Members of the incentive group were *more* likely to enroll in a smoking cessation program than members of the information-only group (15.4% versus just 5.4%).

Another study which looked at financial incentives for weight loss had similar results – with participants losing significantly more weight (an average of 14 pounds each) than those who *didn't* have monetary incentives (just 4 pounds each). ❖

Source: *Harvard Health Publications*.

Social Media... *continued from Page 1*

Experts say the reason for hospitals wanting to restrict access to social media should be obvious: Because any post that puts someone's privacy at risk could be used as grounds for a lawsuit! Paul Levy, CEO of Beth Israel Deaconess Medical Center, agrees that restricting access to online social media is necessary. However, some hospitals are now blocking access completely, and he believes that's *not* the answer. That's because misguided workers will still be able to use their cell phone, or some other handheld device, to get online.

Also, blocking access goes against the hundreds of hospitals now trying to reach out to patients through Facebook, Twitter, blogs, and even YouTube. Levy says their goal is to use the Internet to encourage *more* communication between doctors and patients, not to scare patients away.

So far, there's no easy solution to this debate, but it's something to keep in mind for anyone who wants to contact their doctor online. As this report suggests: He may *want* to keep in touch with you, but because of this controversy, he may *not*. ❖

Additional source: *John Tesh: Intelligence for Your Life* (www.tesh.com).

Even More Benefits from Walking

Walking is one of the simplest and easiest ways to get the exercise you need in order to stay healthy. Walking can strengthen bones, tune the cardiovascular system, and even clear a cluttered mind. Recent findings, according to the *Harvard Health Letter* include: After age 65, how fast you walk may predict how long you have to live. Researchers have found a remarkably consistent association between faster walking speed and longer life. Using hiking poles can increase the cardiovascular workload of a walk because you work your arms as well as your legs. Find the right walking shoes. Pain from arthritic knees makes walking difficult, but shoes with thicker soles are believed to help. However, other researchers believe that thinner, more flexible soles put less load on the knees. Consult a physician to see which is best for you. ❖